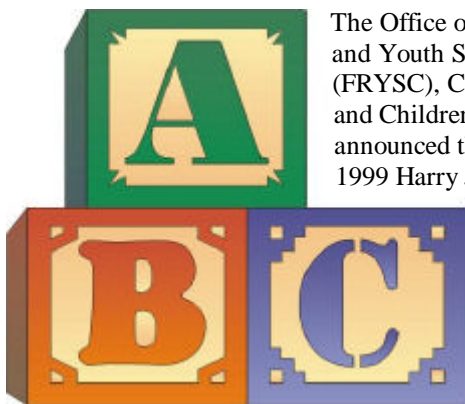


The Pipeline

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FRYSC Presents Cowherd Award for Excellence



The Office of Family Resource and Youth Services Centers (FRYSC), Cabinet for Families and Children, recently announced the recipients of the 1999 Harry J. Cowherd M.D.

Award for Excellence.

Three recipients were selected from among 25 nominees:

Simpsonville Family Resource Center; KERA-CEL Youth Services Center, Paducah Independent, and A.S.K. Resource Center, Trigg County.

This is the fifth year for the award, given annually in memory of Dr. Cowherd, secretary of the former Cabinet for Human Resources from 1988 through 1991. Dr. Cowherd was a staunch supporter of the FRYSC initiative in its formative years. The award recognizes centers that have demonstrated exceptional quality, innovative programming and creativity in providing services to the children and families in their local communities.

Staff of the Cabinets for Families and Children and Health Services and the Department of Education reviewed the 25 applications submitted this year. Each nominee received a certificate of merit.

Respite Extended for CFC's SRAs

The moratorium on all requests to CFC's Service Region Administrators and Associates for information and meetings has been extended through December.

Reminder: Any future requests from CFC's central office to the field for reports, meetings and training should be coordinated with Dietra Paris, commissioner of the Department for Community Based Services.

Personal Use of State E-Mail Threatens System

The volume of mail going through state government's e-mail system increased by approximately 40 percent from August to October, threatening disruption of networks.

The rapid increase in e-mail is partly due to the large number of chain letters, jokes, solicitations and other personal items unrelated to official business – items that are often sent to an extremely large list of recipients.

During the month of August, 23 million e-mails went through the state's system. That number increased to 27 million in September, and grew to 31.7 million e-mails in October.

Employees are reminded that under the current state Internet and Electronic Mail Acceptable Use Policy, "state employees have an obligation to use their access to the Internet and E-mail in a responsible and informed way, conforming to network etiquette, customs and courtesies."

The policy also identifies a number of "unacceptable uses," including sending chain letters, soliciting money for a variety of causes, and personal use for personal gain. (See the complete policy on line at <http://www.state.ky.us/ftp/pdf/960503.pdf>)

In addition, the Governor's Office of Technology is currently formulating a new comprehensive policy on proper and unacceptable use of the state's e-mail system.

Virtual Library Online

Kentucky's newest library, The Kentucky Commonwealth Virtual Library, can be used by anyone who has access to a computer and the Internet. Just go to <http://www.kcvl.org> to visit the Virtual Library, an Internet-based information source that connects nearly all the state's libraries and their resources.

The Virtual Library not only allows users to browse the catalogs of almost every library in the state, but it also provides 31 different databases, which include the full text of articles and reports from close to 5,000 journals, magazines, newspapers and reference books. Books or other materials may be delivered from any library to the closest library or through a new Internet faxing system.



Notes and Activities

- Nov. 15 – 19 is **Family Week** in Kentucky. For more information, contact the Department of Family Studies at the University of Kentucky or

visit their Web site at <http://www.uky.edu/HES/>, or visit <http://www.familyweek.org/>

- Network – Women in State Government** will meet at Columbia Steak House Nov. 17 at 11:30 a.m. The guest speaker will be Murray Wood of LRC, formerly of CFC.
- The Governor’s Task Force on Early Childhood Development** will deliver its final report, KIDS NOW (Kentucky Invests in Developing Success), Nov. 17 in the Capitol Rotunda at 2 p.m.
- The Great American Smokeout** is Nov. 18. Smokers are encouraged to refrain from smoking at least for a day.
- The Kentucky Office of Geographic Information** will host an educational Expo, 9 a.m. - 4 p.m. in room 125 of the Capital Annex Nov. 19.
- The Kentucky Book Fair** will be held Nov. 20, 9 a.m. – 4:30 p.m., at Kentucky State University’s William Exum Center. Proceeds benefit Kentucky’s libraries and other literacy programs. For more information, see the event’s web site at <http://www.kdla.state.ky.us/events/bkfair99/99bkfair.ht>
- To volunteer with the **Special Friends** program, and be a mentor to a child, contact Ronnie Dunn of CFC’s Employee Services at 502-564-7770, ext. 3566.
- Nominations for **CFC Employees of the Month** are due by the 15th of each month. For more information, or to submit a nomination, contact Charlene Nation of the Employee Services Branch, CHR-5, phone 564-7770. She will also accept nominations sent by e-mail.



State Holidays Scheduled

State offices will be closed and state employees will be given a holiday on the following dates:

Nov. 25 – 26	Two-day Thanksgiving Holiday
Dec. 7	Inauguration Day
Dec. 23 – 24	Two-day Christmas Holiday
Dec. 31 and Jan. 3	Two-day New Year Holiday

Smoking? Think About Quitting Nov. 18

Nov. 18 is National Smokeout Day, a time when smokers are urged to quit – for one day at least.

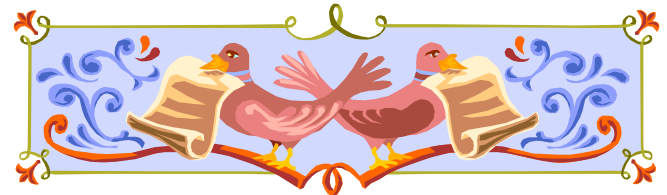
According to a report from the federal Centers for Disease Control and Prevention, Kentucky’s adult and youth smoking rates are both the highest in the nation at 30.8 percent and 47 percent respectively.



For information on the effects of smoking on the health of Kentuckians, see the Kentucky Long-Term Policy Research Center’s Web site at

http://www.lrc.state.ky.us/ltprc/EmergingIssues/scan_f99.htm#2a

You may also want to have your children check out Web sites designed especially for them on smoking. Two excellent sites are the Kids Health site for teens at <http://kidshealth.org/teen/body/mind/smoking.html>, and a site for younger children titled “Smoking Stinks” at http://kidshealth.org/kid/stay_healthy/good/body/smoking.html.



National Diabetes Month; Awareness Rally Nov. 19

November is National Diabetes Month, and the Kentucky Diabetes Network will hold the first Diabetes Awareness Rally at 10 a.m. in the Capitol Rotunda on Nov. 19.

Derrick Ramsey, former University of Kentucky football star and currently the athletic director at Kentucky State University, will be the featured speaker.

The network, which includes the Department for Public Health, is holding the rally to increase public awareness of the seriousness of diabetes and the importance of blood glucose control. Diabetes is the sixth leading cause of death in Kentucky.

An estimated 245,139 Kentuckians have diabetes, but 81,713 of them don’t know they have it. Another 1 million Kentuckians are at risk because of age, obesity and sedentary lifestyles.



Tips for a Safe Turkey

The Department for Public Health wants to make sure your Thanksgiving dinner doesn't make you sick.

To assure your food is properly prepared and cooked, DPH offers the following guidelines.

Tips for the safe handling of food:

- When dealing with poultry, make sure it is not undercooked and do not let raw poultry or meat juices touch any other foods.
- Cooks should wash their hands frequently when handling food, and sanitize items such as knives and cutting boards so that food is not cross contaminated.
- Wash food before preparing it.
- Food should be promptly refrigerated.

Tips for safely thawing a turkey:

- Thaw in a refrigerator with the temperature at 41 degrees Fahrenheit or less. Allow 3-4 days for thawing.
- Place under cool running water at a temperature of 75 degrees Fahrenheit or less.
- If the entire thawing and cooking process will be done in the microwave oven, cook the turkey immediately after thawing instead of letting it sit out.

Tips on safely preparing turkey and stuffing:

- Cook at 325 degrees Fahrenheit – with no interruptions in the cooking process – until the internal temperature of the meat reaches 165 degrees Fahrenheit.
- It is best to cook the turkey and stuffing separately. If they are prepared together, the turkey should not be stuffed until immediately before cooking.
- After cooking, a meat temperature of 140 degrees Fahrenheit should be maintained until the turkey is served, or the meat should be immediately sliced and refrigerated on shallow platters so that rapid cooling will occur. Do not stack platters. Proper air circulation is necessary to facilitate cooling.

It is not possible to cool a whole cooked turkey in an ordinary freezer or refrigerator within a few hours, and bacteria may grow in any undercooked juices, stuffing or meat over a period of more than four hours.

Safety tips for leftover poultry:

- Refrigerate at 41 degrees Fahrenheit or less.
- Wrap turkey and stuffing separately in shallow dishes or platters for storing.
- Prepare sandwiches on sanitized cutting boards and use clean equipment.
- To reheat a turkey or serve the meat in a hot dish, rapidly heat it to an internal temperature of 165 degrees Fahrenheit and make sure it is heated thoroughly.

Carter Caves State Resort Offers the Cook a Holiday

Give the cook a holiday this Thanksgiving. Carter Caves State Resort Park near Olive Hill is all set to serve and entertain you. The park will stage a Thanksgiving dinner theatre at 6 p.m. on Nov. 26-27, and 1 p.m. on Nov. 28.

Entertainers Laura Lee and Michael O'Connell will perform an all-new comedy, storytelling and music review called "Something's Stirring." The presentation includes vaudeville-style vignettes, parodies and audience participation.



A lavish buffet featuring favorites such as roast beef, catfish, fried chicken and barbecued ribs is included. The package price is \$18 per adult, and \$12 for children ages 6-12.

Reservations are required, and may be made by calling the park at 1-800-325-0059.

More Food Safety Information

For more information about food safety, contact the Food Safety Branch of the CHS Department for Public Health at 502- 564-7181. Free literature is available, and also an educational food safety video training package is available for consumers to purchase.

Substance Abuse Program Helps Pregnant Women

Medicaid will now cover substance abuse prevention and treatment services for pregnant women and new mothers. The new coverage is effective Oct. 20 under emergency regulations signed by Gov. Paul Patton.

The Kentucky General Assembly paved the way for this new coverage by appropriating state funds in the 1998 session to "match" federal dollars for services to this population. The \$500,000 in state money plus the federal match will total \$1,197,793 a year to fund the program.

This new program is the result of collaboration between two departments in the Cabinet for Health Services – the Department for Medicaid Services and the Department for Mental Health and Mental Retardation Services.

"Our goal is healthy babies and healthy mothers to care for them. We will be able to give these women more help than was possible in the past," said CHS Secretary Jimmy D. Helton.

Helpful Web Sites



Something new will be added to these *Helpful Web Sites* each week. Remember to “bookmark” the ones you will want to refer to often. If you’ve found a helpful site you would like to share in this column, e-mail it to

<mailto:margaret.harney@mail.state.ky.us>.

Education and Research

<http://www.thecatalyst.org> – a site for chemistry teachers that you may want to share with the students in your family
<http://www.cpe.state.ky.us/univ/univ.htm> - links to all state universities, community colleges and independent colleges in Kentucky

Children

<http://www.state.ky.us/agencies/gov/ecdrpt.pdf> – report from the Governor’s Early Childhood Task Force
<http://www.getnetwise.org> - information on keeping children safe on the Net, plus links to educational and entertaining sites for children, teens and families

News

<http://www.kentucky.com/> - a search engine for info in many of Kentucky’s newspapers, magazines, and radio and TV stations
http://cfc-chs.chr.state.ky.us/media_releases/media.htm – media releases from communications staff of CFC and CHS

Health

<http://www.mayohealth.org> - health information sponsored by the Mayo Clinic
<http://chid.nih.gov/welcome/welcome.html> – a combined database of federal health agencies, maintained by the National Institutes of Health

Employee Directories

<http://www.state.ky.us/directory/dirindex.htm> - an updated phone directory for all state government employees

Training

<http://www.state.ky.us/agencies/finance/depts/gsc/gscpage.htm> – Governmental Services Center site includes classes and how to register for them

Pipeline, a weekly newsletter for employees of the Cabinets for Families and Children and Health Services, welcomes reader comments and contributions. Items for *Pipeline* are due by 4:30 p.m. Tuesday; items for intercom announcements are due by 4:30 p.m. Monday. Call 502-564-6786 or send information to Margaret Davis Harney at <mailto:margaret.harney@mail.state.us.ky>

November is National Adoption Awareness Month

November is a time when most people look forward to getting together with family during Thanksgiving and the December holiday season.

For children’s advocates, including the Cabinet for Families and Children, November is National Adoption Awareness Month – a time to educate the public about the hundreds of children who will spend the holidays waiting for a family of their own.

In 1976, Thanksgiving week was proclaimed Adoption Awareness Week, and the event was expanded into Adoption Awareness Month in 1990.

There have been many changes in adoption since that first observance, with perhaps the most significant being the federal Adoption and Safe Families Act, signed into law Nov. 19, 1997. The act encourages states to increase adoptions, and helps thousands of children move more quickly from foster care into safe and loving permanent homes.

On any given day in Kentucky, CFC has approximately 6,000 children in its foster care program, with 350 to more than 500 of those children waiting for adoptive homes. Nearly 100 children enter CFC’s Special Needs Adoption Program (SNAP) annually.

SNAP was established in 1979 to recruit adoptive families for children whose special needs may make them hard to place. SNAP includes older children, sibling groups of three or more, and children with moderate to severe physical, mental and emotional disabilities.

In many instances, adoptive parents will receive continued assistance with these children’s special needs, including medical and counseling services, after the adoption has been finalized.

Waiting children are profiled in the SNAP Book, which is available at most local libraries throughout the state, and at all local offices of CFC’s Department for Community Based Services (formerly Social Services). The Snap Book may also be viewed on the Internet at <http://cfc-chs.chr.state.ky.us/CFC/DSS/SNAP/adoptions/adoption.htm>

For more information on foster care or adoption, call 1-800-232-KIDS. For information on SNAP, call 1-800-432-9346. You may also call the Louisville office of SNAP at 502-595-4303, or the Lexington office at 606-246-2256.

Remember, as a state employee you may qualify for assistance with expenses related to the adoption process, up to \$3,000.